



# Fit Business Tips of the Month

## JANUARY

It's a new year and the perfect time to make lifestyle changes that will help you become more healthy and energized. Healthy alternatives don't have to include bland and flavorless meals. So, kick start a healthier year by adding lush oranges and savory winter squash to your entrees and side dishes. This month's Fit Business Tips will help you start the New Year off right with quick and simple ideas for healthy living filled with good tastes!

### QUICK AND SIMPLE TIPS

- **Start the New Year by keeping yourself in check!** When you're trying to change your lifestyle habits, you can easily write down what you eat and drink and what kind of physical activity you do each day for one week. Use this record as a personal guide to determine if you need to eat more of certain foods, like fruits and vegetables, and less of other foods, like processed meats and high-fat snack foods. The record will also help you to know whether you are getting enough physical activity. To find out exactly how many cups of fruits and vegetables and physical activity you need every day for good health, go to [www.mypyramid.gov](http://www.mypyramid.gov).
- **Become more social this New Year.** Start an at-work lunch bunch and take turns bringing in a lowfat dish to share, like a crunchy vegetable salad, juicy fruit salad, or your favorite cut-up vegetables. It's a great way to socialize and maintain healthy eating habits. To be more active or to continue socializing afterwards, start a lunchtime walking group. Don't forget to do some stretching before and after your walk, and always practice sun safety when you are outdoors.





# January's Fruit of the Month

---

## O R A N G E S

---

### Health Benefits

Oranges are high in Vitamin C and a good source of folate. One orange contains all the Vitamin C your body needs for the day. Including oranges in your lowfat diet along with a colorful variety of fruits and vegetables will help you to maintain heart health, vision health, a healthy immune system, and a lower risk of some cancers.

### Selection

Choose fruit that is firm and heavy for its size, with bright, colorful skins. Avoid fruit with bruised, wrinkled, or discolored skins. Oranges with scarring or green spots on the surface are fine to eat. Oranges with thin skin tend to be juicier than thick skinned oranges.

### Storage

Oranges can be stored at room temperature or in the refrigerator without plastic bags for up to two weeks.

### Preparation Ideas

Peel and slice oranges for a quick, healthy snack. Freeze 100% orange juice in a paper cup with a popsicle stick or spoon and then serve it up as dessert! Also try including orange slices as a flavorful addition to any salad.

## FEATURED ORANGE RECIPE: ORANGE GLAZED VEGETABLES

### Ingredients

- 2 cups frozen vegetable mix
- ½ teaspoon grated orange peel
- ¼ cup orange juice (squeeze from the orange grated for peel)
- 1 tablespoon Dijon-style mustard
- 1 teaspoon low-sodium soy sauce

### Preparation

1. Cook vegetables in microwave according to package directions.
2. While that is cooking, combine orange peel, orange juice, mustard, and soy sauce in a small bowl. Stir until mixed.
3. Drain vegetables and toss with orange juice mixture.
4. Serve immediately.

Makes 4 serving. ½ cup per serving

### Nutrition Information Per Serving

Calories 70, Carbohydrate 14 g, Protein 3 g, Total Fat 1 g,  
Saturated Fat 0 g, Cholesterol 0 mg, Sodium 170 mg, Dietary Fiber 4 g

*Recipe courtesy of Discover the Secret to Healthy Living,  
California 5 a Day—for Better Health! Campaign*





# January's Vegetable of the Month

---

## WINTER SQUASH

---

### Health Benefits

Winter squash is high in Vitamins A and C, a good source of Vitamin B6, folate, and magnesium, and is available in many varieties including acorn, banana, butternut, and spaghetti squash. Including winter squash in your lowfat diet along with a colorful variety of fruits and vegetables will help you to maintain heart health, vision health, a healthy immune system, and a lower risk of some cancers.

### Selection

Winter squash have hard, thick skins and come in various forms. Choose squash that are heavy and have dull, not glossy rinds. Avoid squash that look shriveled, bruised, dented, or split.

### Storage

Store winter squash in a cool, dry place. Refrigerate only cut squash pieces. Use cut squash pieces within a week; whole winter squash keeps for 3 to 6 months.

### Preparation Ideas

Wash skin, cut in half, and remove seeds and fibrous strings inside. You can bake, broil, or microwave winter squash until tender either whole or cut into serving pieces. Peel the skin off after the squash is cooked. Kid pleaser – drizzle cooked squash with maple syrup.

## FEATURED WINTER SQUASH RECIPE: SPICY APPLE-FILLED SQUASH

### Ingredients

- 1 large winter squash (about 1 pound)
- 2 teaspoons margarine
- 1 large apple, cored, peeled, and chopped
- 2 tablespoons brown sugar
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{8}$  teaspoon ground cloves
- dash of nutmeg

### Preparation

1. Cut squash into fourths and scoop out seeds.
2. Place in glass pie plate and cover with plastic wrap.
3. Microwave on high for 5 minutes.
4. Meanwhile, melt margarine in a small skillet over medium heat.
5. Add apple, brown sugar, cinnamon, cloves, and nutmeg; cook for 2 minutes.
6. Place equal amounts of filling on each squash wedge; cover and microwave on high for 3 to 5 minutes more until squash and apple are tender.

Makes 4 servings.  $\frac{1}{4}$  squash per serving.

### Nutrition Information Per Serving

Calories 100, Carbohydrate 27 g, Protein 1 g, Total Fat 0 g,  
Saturated Fat 0 g, Cholesterol 0 mg, Sodium 20 mg, Dietary Fiber 3 g

Recipe courtesy of Discover the Secret to Healthy Living,  
California 5 a Day—for Better Health! Campaign

